

Dakota Diet

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Summary of Qualifications:

- 4 years of exceptional education and intensive nutritional coursework.
- Hands on experience working in a certified Nutrition & Diabetes Clinic.
- Independently organized 2 research projects and recipe modifications.
- Excellent communication and organization skills developed through research, writing and presenting in a variety of environments.

Education:

Bachelor of Science, Food and Nutritional Science, Dietetics

Seattle Pacific University, June 2019

ServSafe Certification, April 2018

Washington State Food Handlers Permit, September 2015

Related Experience:

Intern; *PHSJ Medical Center Nutrition & Diabetes Clinic, Bellingham, WA* *June 2017-September 2018*

- 30 hrs/wk (360 hrs total) internship with American Diabetes Association-certified nutrition and diabetes clinic.
- Observed nutrition counseling and MNT appointments for patients with a variety of disease states, including
 - diabetes mellitus, childhood & adult obesity, failure to thrive, liver cancer, and kidney failure.
- Called patients to follow up on progress toward diabetes goals to ensure compliance with treatment.
- Published 2 nutrition articles on preceptor's blog with the Seafood Producers' Coop (SPCsales.com).
- Developed and compiled handouts and learning materials for diabetes classes for celiac disease patients.
- Witnessed the management and administration components of running a clinic.
- Participated in various administrative operations, such as staff meetings and scheduling patients.
- Learned and demonstrated use of glucometers and insulin pumps.
- Helped launch fitness program for clinic's diabetes patients to safely perform exercises to better their overall health and wellness.

Human Nutrition Lab Assistant; *Fred Hutchinson Cancer Research Center, Seattle, WA* *September 2016-June 2017*

- Cooked, prepped and served meals/food for participants while practicing safe food handling skills.
- Accurately labeled, highlighted, and organized food containers; practicing proper food handling skills.
- Greeted, assisted, served, and recorded participant's weight; entered participant's information into *ProNutra*.
- Commended by supervisor for superior organization and filing of participant questionnaires and MDI sheets.
- Provided excellent service to all patients delivering food quickly and efficiently throughout entire hospital.
- Assisted specific patients in ordering food or planning meals according to their diet order.
- Updated and entered patient notes into computer systems for clinical nutrition assistants to see status update.

Cafeteria Volunteer; *Edmonds School District, Alderwood Middle School, Edmonds, WA* *April 2016*

- Observed routine kitchen schedule for meal planning and prepared cold/hot foods for over 500 students.
- Conducted a plate waste study and condiment use study resulting in substantial reduction in waste.
- Researched number of french-fries consumed by students; compiled data from 8 schools in the district.
- Taught 5th graders the importance of nutrition, the food pyramid, and washing their hands.

Food Service Volunteer; *Family Kitchen, St. James Cathedral, Seattle, WA* *January 2013*

- Used culinary skills to help prepare meals, established rapport with local homeless people.

Additional Experience:

Childcare Provider/Nanny, Private Home, Seattle, WA *September 2015-Present*

Healthcare Volunteer, Northwest Hospital Vaccine Booth, Seattle, WA *June 2016*